

BROCCOLI

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Nutrition and Health...

Broccoli provides vitamins A and C, and calcium. It is also high in fiber. A ½-cup serving of plain broccoli has 30 calories.

Selection...

Broccoli is a bouquet of tiny flower buds. Each small green stalk is called a floret and contains hundreds of buds. Pick the head with the smallest buds. The color should be dark green with a purple or blue haze. Any heads that are yellowish and on their way to blooming should be avoided.

Storage...

If broccoli stalks are long enough, plunge them upright into a container of water and refrigerate. Otherwise, store in plastic bags in the refrigerator crisper. (Cut small slits in bag to increase air circulation.)

Preparation...

Cut the thick stalk and the florets to approximately the same size. If some florets are larger than others, cut them to match the rest. Broccoli can be boiled in a small amount of salted water or steamed over 1 to 2 inches of boiling water for 3 to 5 minutes, depending on size of pieces.

The method of food preservation which yields the best result for broccoli is freezing. Blanch uniform size stalks for 3 minutes in boiling water or steam blanch for 5 minutes. Cool promptly in cold water and drain. Pack broccoli into containers, leaving no headspace. Seal and freeze.

Recipes

Broccoli Cauliflower Salad

2 cups fresh broccoli	½ cup chopped onion
2 cups cauliflower	1 teaspoon Worcestershire sauce
1 cup sour cream	1 clove garlic, minced

Break the broccoli and cauliflower into small pieces and place in a large bowl. Mix sour cream, onion, Worcestershire sauce and garlic. Pour over vegetables and refrigerate overnight. Serves 4.

Chicken Broccoli

2 cups broccoli, cooked and drained	⅔ cup evaporated milk
1 cup grated cheese	2 cups cut up, cooked chicken
½ cup onion, minced	½ teaspoon salt
1 can cream of mushroom soup	

Put the cooked and drained broccoli into a 2-quart casserole dish. Top with cut up, cooked chicken. Mix soup, milk, cheese, minced onion and salt in small saucepan. Cook over low heat until cheese is melted. Pour over chicken mixture. Bake in oven at 350°F for 15 minutes. Serves 4.



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